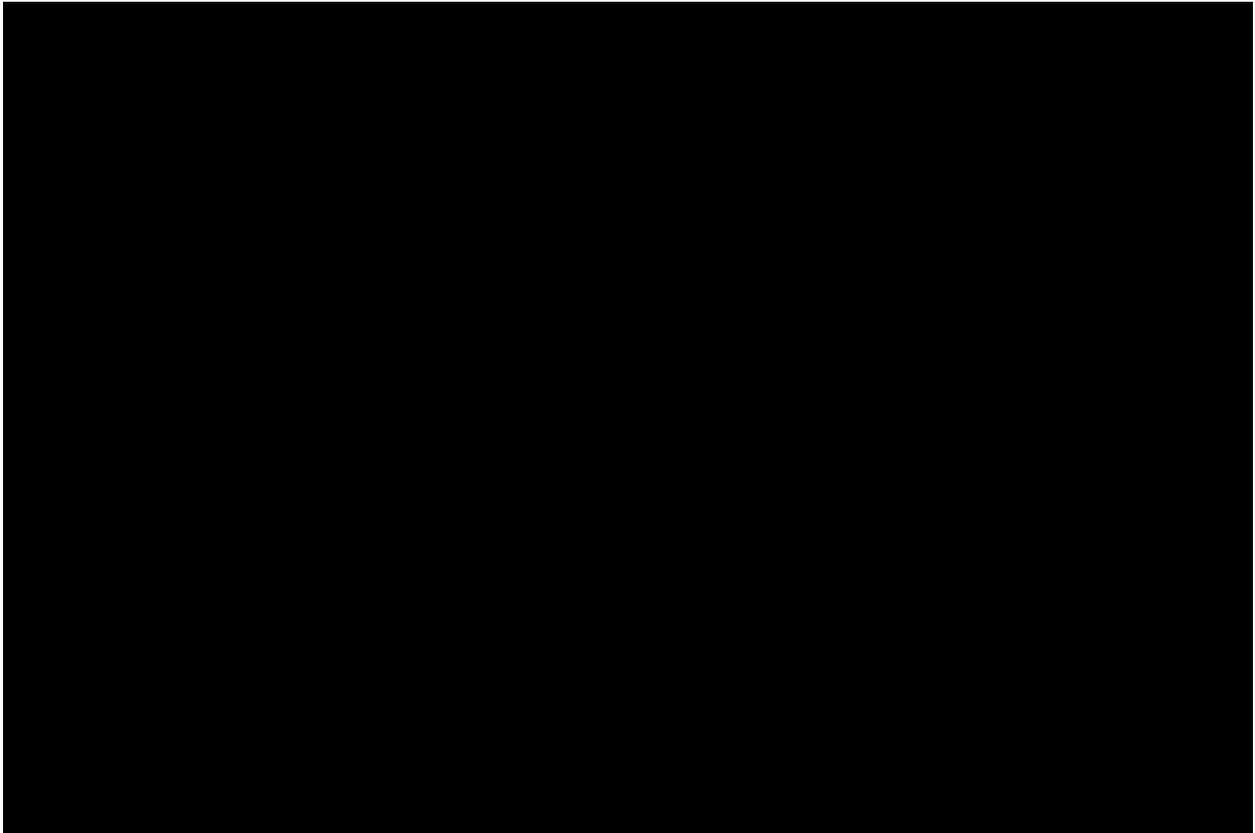




## Health and Wellness



[Our Commercial: A reminder to prioritize your health!](#)

*Chronic diseases—such as heart disease, cancer, and type 2 diabetes—are the leading causes of death and disability in the United States. They are also leading drivers of the nation's \$3.3 trillion in annual health care costs. Many chronic diseases are due to risk behaviors: tobacco use, poor nutrition, lack of physical activity, and excessive alcohol use.*



**A woman's body will go through many changes in life, including puberty, fertility, pregnancy, aging, and menopause. Routine screenings and annual visits with a primary care provider or gynecologist are part of a healthy lifestyle. It is essential to ensure clear communication with your health care provider, who can answer questions about your health and wellness.**

*"Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." – The World Health Organization.*

Wellness is all-encompassing. It integrates mental and physical health, capturing more holistic outlets to disease prevention and health promotion. Social determinants of health help validate that wellness measures go beyond morbidity and mortality when people perceive their lives' perspectives.

Studies have found that well-being is associated with:

- Longevity.
- Healthy behaviors.
- Mental and physical illness.
- Social connectedness.
- Productivity.
- Factors in the physical and social environment.



Well-being is associated with numerous health, career, family, and economic benefits. For example, higher well-being levels are associated with decreased risk of disease, illness, and injury, better immune functioning; speedier recovery; and increased longevity. Individuals with high levels of well-being are more productive at work and are more likely to contribute to their communities.



Research shows that the negative associations of well-being are strongly associated with neuroticism. The positive effect component has a similar association with extraversion. This research also supports the view that positive emotions—central components of well-being—are not merely the opposite of negative emotions but are independent dimensions of mental health that can and should be fostered. Although a substantial proportion of the variance in well-being can be attributed to heritable factors, environmental factors play an equally if not more important role.

What are things that you do to promote wellness and well-being in your life? Share that with us on social media and [@ReadyforLifeNC](#) on Facebook, Twitter, TikTok, and Instagram.